

# The Amazing Martial Arts Secrets of Fitness

by

Grandmaster Dr. Ted Gambor del I a



Dr. Ted  
at 54

30 Minutes workout for Massive Chest and Arms  
Everything you need to know about Dieting  
Fantastic Waistline Without Sit Ups

Keeping Your Butt Tight  
No More Back Pain

No Heavy Lifting  
No Hard Dieting

Look Great  
Feel Super  
At Any Age

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# Martial Arts Secrets of Fitness

## Flexibility

One of the most important Martial Arts Fitness Secrets is FLEXIBILITY. If you are not flexible, you look and feel 10 years older than you should. Flexibility allows you to participate in activities and do things like a 20 year old.

Back pain is often caused by lack of flexibility. This lack of flexibility often causes the back to tighten up when exercising, thus causing muscle pulls and stiffness that easily could be avoided with a few simple stretches.

How often should you stretch. **Everyday** until you feel loose, and every time before you begin a strenuous exercise.

Even if you only do your stretches for 3 to 5 minutes this is better than pulling a muscle or tearing a muscle because you didn't take the time to loosen up.

Here are some simple flexibility exercises you can do every day to keep the body fluid.

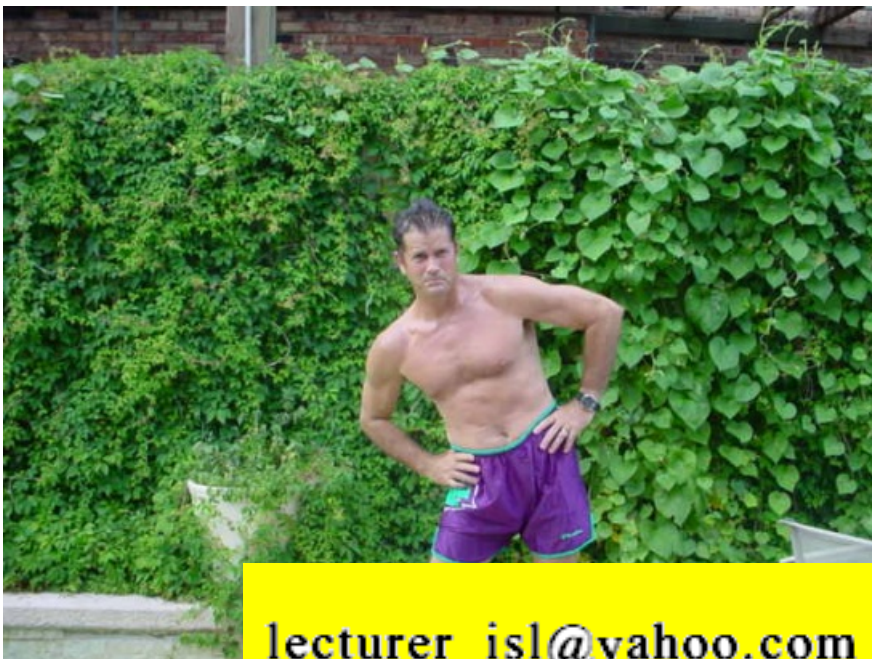




# Trunk Rotation

Place your hands on your hips and rotate the body in large circles to the right and left.

Do about 10 turns clockwise, and then 10 turn counter clockwise.





# BODY TWISTS



Pull the elbows up to shoulder height and twist hard to the left and right.





# ARM CIRCLES



Swing the arms in large circles around the body. Forward and backwards





# NECK CIRCLES & SHOULDER SHRUGS



Rotate the neck  
in small circles  
clockwise and  
counter clockwise  
Do about 10 - 12



Shrug the shoulders  
in circles forward  
and backwards  
10 - 12 times





# Horse Stretch



Squat very low and push the hips down into the squat. Move from side to side and then drop to the ground on each side.

Do 10 - 12 times each side



## W STRETCHES

Lean over and grab the ankles. Drop to one side and try to straighten the leg. Then the other side. Now pull the head down to the knee, then over to the other knee. Finally drop down in the middle and try to touch the head to the ground.

You can also drop the elbows to the ground



Hold each stretch for 3 to 5 seconds



# BUTTERFLY

Hold the ankles and try to get the knees down to the ground. You may bounce, and push down with the elbows.



# STRAIGHT LEGGED STRETCH



Keep the legs straight and hold the knees. Try to pull the head down till it touches the knees. Hold for 3 to 5 seconds. Do this 10 times.



## V STRETCH

Sit on the ground and spread the legs as wide as you can. Now lean to the right and touch the head to the knee, then the left.

Finish touching the head to the ground in the middle.



If you are having trouble touching your head to the ground it is not your legs or back that is the problem. It is your Hips. The next exercise will help loosen your hips.



# HIP STRETCH

Open your legs as wide as possible and try to force the knees and hips to the ground.



You can start with your hand stiff then as you loosen up drop to your elbows and finally touch the head and hips to the ground



You can bounce on this stretch. Hold the final position for 5 to 10 seconds.



# AMERICAN SPLITS



To really stretch the hips you should push hard to do the American Splits. Spread the legs as wide as possible directly in front of the body. Try to touch the hips to the ground.

You can use your hands to help support your body weight, and you may lean forward to drop the hips down.





# BACK STRETCH



Sit on the legs and bend backwards as far as you can comfortably go. Use your hands for support. You do not have to go all the way back.



## BAR STRETCHING

Bar Stretching is great, but most people don't have a bar in their home or gym. So you can use a truck, or car back, or even a table.

Put your leg on the truck back, and lean over to touch the head to the knees. Do both side. Hold each stretch 5 seconds.



You can also lean To the right and left to put more pressure on the stretching leg.



## BAR STRETCHING 2

Put the leg on a low table and drop the weight down to stretch the hamstrings. Keep the leg straight.



Lean over and touch the head to the knee. Do both legs





# HIP AND KNEE STRETCH

Keep the back straight and lift the knee as high as you can to the side. Pull up on the knee and stretch the back of the legs.



Now drop the knee down and pull back on the leg. To stretch the front of the legs



Pull back as far as you can and you may lean over into the table.





# STRETCHING WITH A PARTNER



If you have a partner. You can hold on to their hand for balance and place your foot on their shoulder. Stretch forward. Do both legs.



You can also lean down and drop your weight to put more stretch on your leg



## PARTNER STRETCH 2

Hold on the wall for support and have your partner stretch your leg straight up.



Side stretch. Lean to the side and have the partner stretch the leg up like your doing a side kick

Try to straighten your body up as much as possible into the stretch.





## PARTNER BACK STRETCH

Have the partner hold your arms by the elbows and lean backwards. He will gently pick you up and stretch your back. Go



## PARTNER SHOULDER STRETCH

Have your partner pull your arms straight back across your body to stretch the shoulders. Go slow and easy.





# Martial Arts Secrets of Fitness Weight Training

Weight Training is an important part of Martial Arts Fitness Training and is something that should be done consistently throughout your entire life. You are never too old to start lifting weights, but you can be too young. I do not suggest that you let a child whom has not reached puberty to lift weights. Wait until the child is at least 13 and then only lift what they can comfortably handle. Do not force them to do heavy reps. Let them build up their muscles. It is important not to turn the child off to weight training so that they will want to continue to lift their entire lives.

I lift weights every other day for 6 days, then take off Sunday. On the days I do not lift weights I walk, do karate, wrestle, golf, or some other form of hard aerobic exercise. When I walk, or golf I always carry a weight in my hands. This doubles the exercise effectiveness by allowing an arm and upper body workout, while working out the legs, abs and heart with the walking or golf.



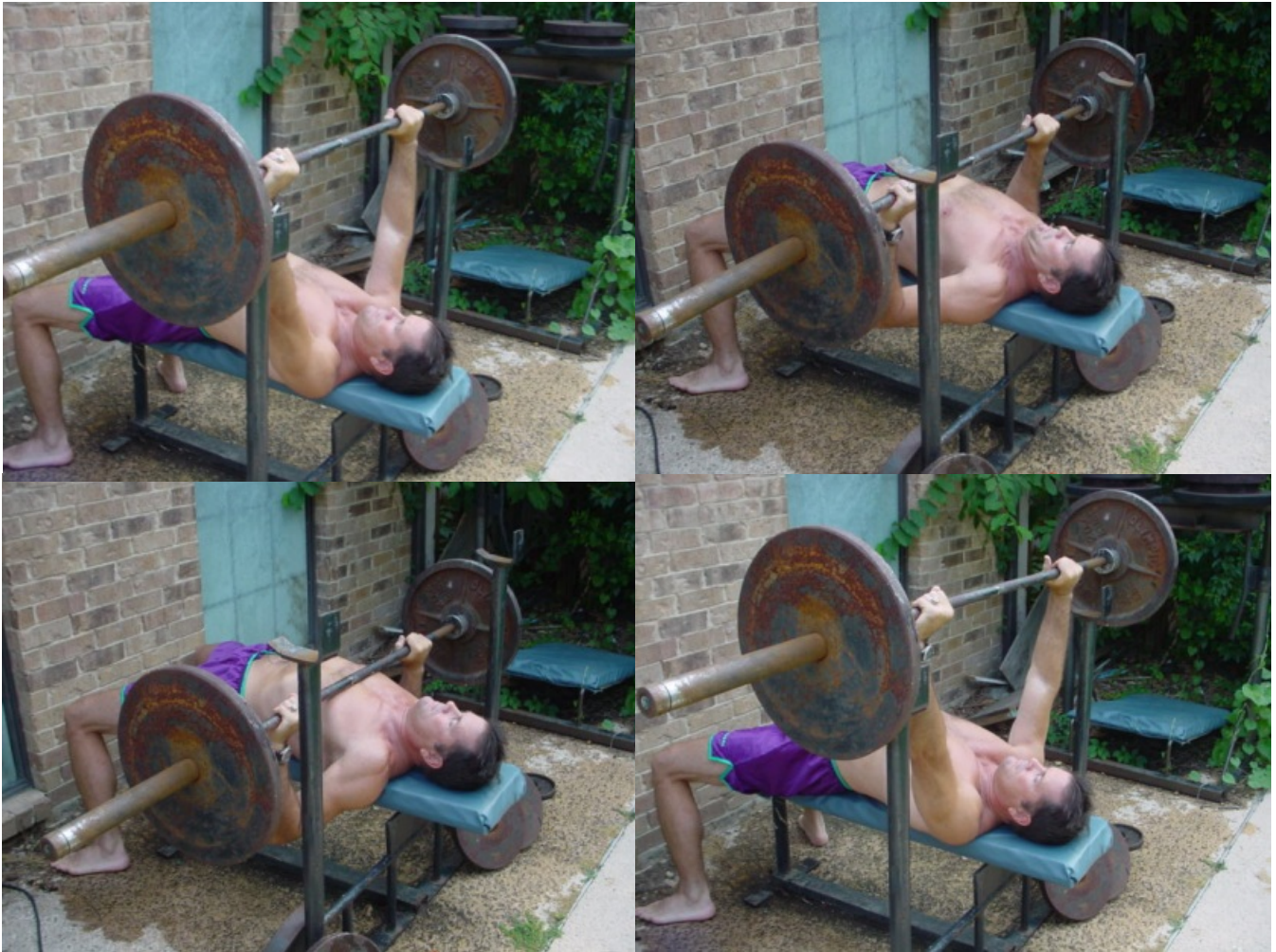
I do not lift Heavy weights. I am 54 years old and do not need to try to bench 300 pounds to prove I am strong or build my chest. I already have a great chest and keep it toned and pumped by lifting smaller weights, but lifting them hundreds of times.

I work out on the bench with 135 pounds, or 2 big plates and do reps of 50 to 100. 50 to 100 times for each set.



# BENCH PRESS

The Bench Press is one of my favorite exercises. It works the entire chest, shoulders, back, and abs. I do a lot of bench presses.



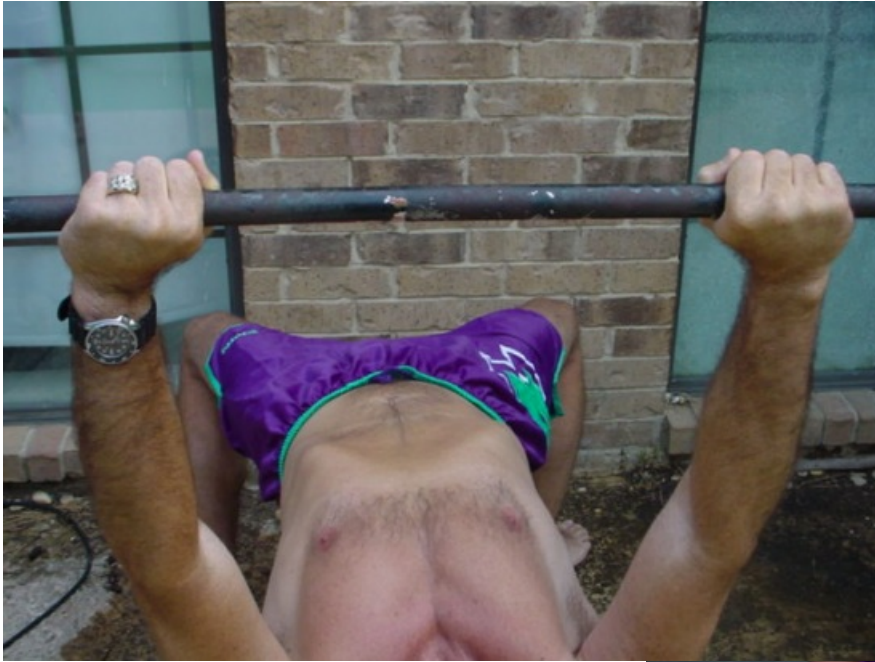
To do the regular bench press grasp the bar with the hands evenly spaced. Lower the bar slowly to the chest and hold it about 1 second then push it back up to the top. I warm up with 2 sets of about 10 "full" lifting reps.

This is the last set of "full" lifts I do. After my warm ups I go to my "modified" or "half up" bench press and do 6 to 10 sets of 50 to 100.



# MODIFIED BENCH PRESS

## Nar row Hands



During these sets I keep my hands a little narrow about the width of my chest and I DO NOT LIFT the bar all the way back up. I Pump the Chest by only lifting the bar Half Way Up and then back down.

I bring the bar down to the chest, but only about  $\frac{1}{2}$  way back up. This allows me to pump the chest up by the large amounts of reps I do.



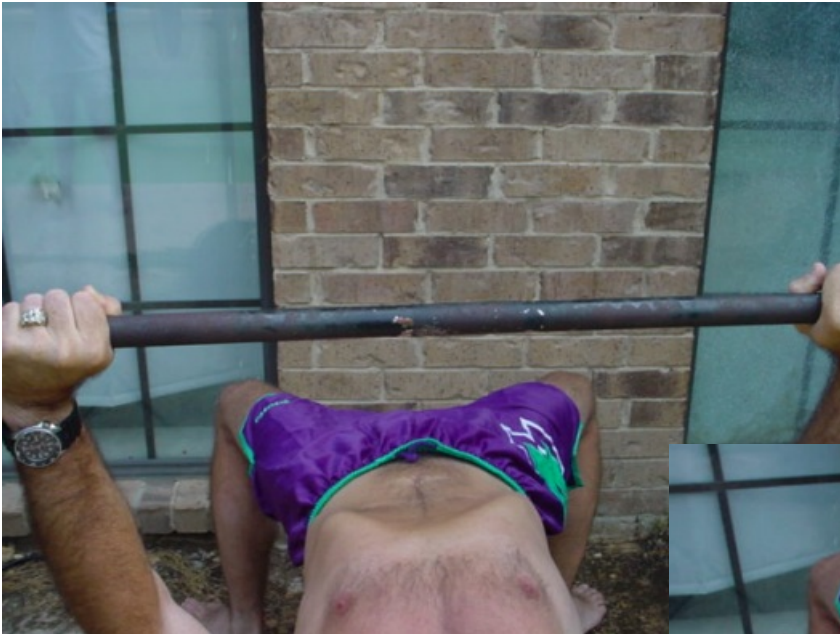
I do 5 to 10 sets of 50 to 100 reps. That is not a mistype. I do 50 to 100 reps for 5 to 10 sets.



# MODIFIED BENCH PRESS

## Wide Hands

Here I do the same half up reps but now my hands are very wide and I drop the weight more towards my neck.



I do 3 to 5 sets of  
50 to 100 reps.

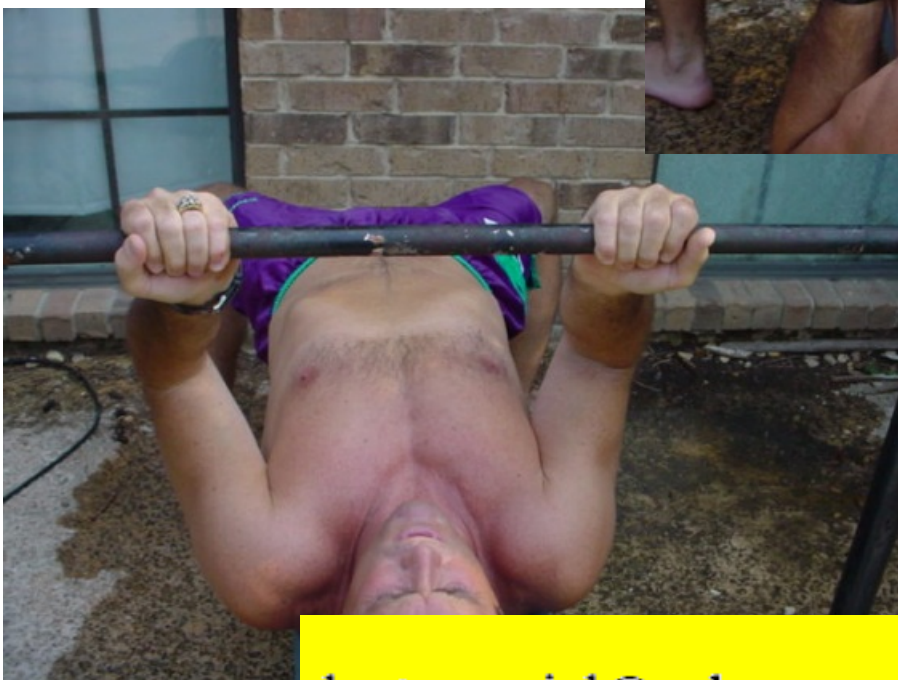


# MODIFIED BENCH PRESS

## REVERSE Hands



Here I reverse the position of my hands and do half ups. The reverse hands works my triceps more and the lower chest.



I do 2 to 4 sets of 20 to 40 reps.



# INCLINE PRESS

The Incline Press is a better exercise for building a large beautiful chest than the bench. It works the upper pecs and shoulders and gives the chest a full and hard look that is not achieved by doing flat bench. I do a lot of inclines and for many years only did inclines with very little flat bench.



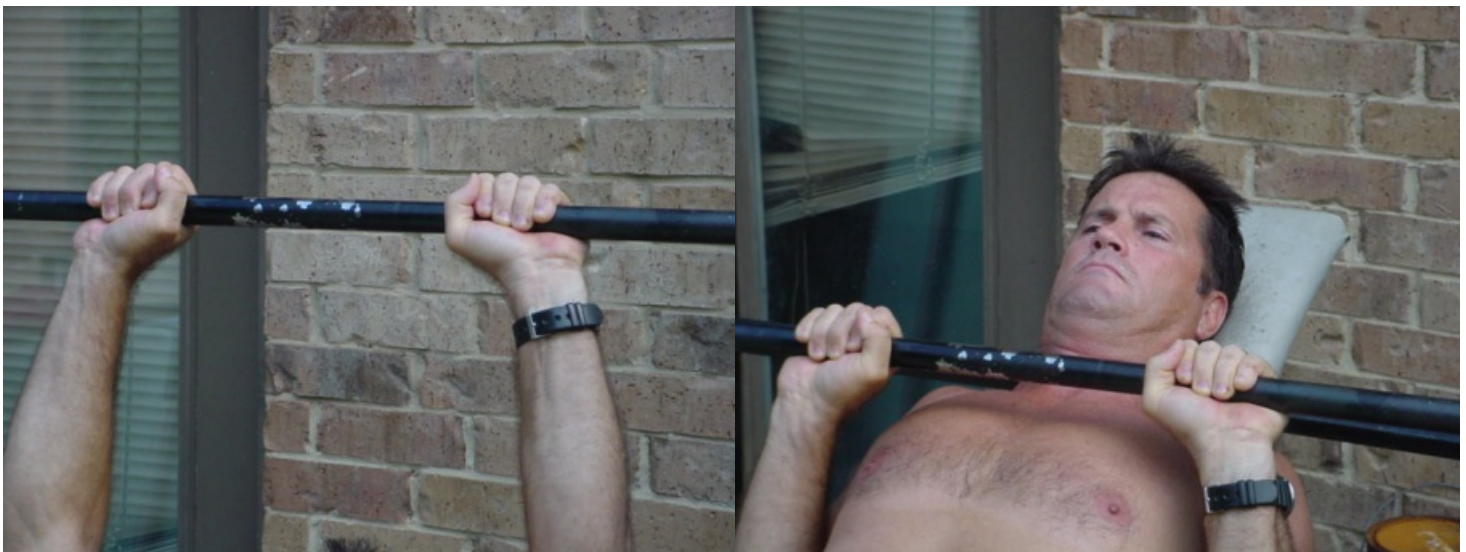
Warm up doing full extension reps. 2 sets of 10 to 15 reps.



# INCLINE PRESS

## NARROW GRIP

Here I grip the bar with my hand about as wide as my chest and I use a "half up" motion. I do not go all the up. I only go about 5 to 12 inches.



I do 5 to 8 sets of 35 to 75. It is important to watch your breathing because you can easily run out of breath doing inclines. Be sure to breath every few reps. And it is also important to have a "spotter" to help lift the bar off your chest if you are forcing the last few reps. Unlike the flat bench. You really can't cheat and put the bar up on the incline. When your chest is exhausted you will need help to put the bar up.



# INCLINE PRESS

## Wide GRIP

Here once again I do not go all the way up, I use half ups and go about 6 to 12 inches. I do 4 sets of 35 to 50.





# SQUATS



Let me say that I do not advocate doing squats with the bar on your back. This has always hurt my back and will wind up hurting yours. You can get the same results doing the squats from your back, or on a "hack" squat machine, where you lie on your back and the rack is about 45% up.

You can do the full squat and when you are thru, do some toe raises to work the cafts.



I do 6 sets of 20 to 40 reps.



# DUMBBELLS

## Regular Curls



Stand with the feet about shoulder width apart and curl the weight straight up. I alternate arms, and one arm at a time so I can concentrate on the exercise.  
Do 6 sets of 12 to 24 reps.



# DUMB BELLS

## Cross overs



Stand with the feet about shoulder width apart and curl the weight up and across the body. You can alternate arms, or use weights in both hands. Turn the weight over as you curl up.

Do 4 sets of 12 to 16 reps.



# DUMBELLS

## Straight curls heavy weight



This curl is done raising the arm straight up and curling the weight. I use heavy weights and really push the body to build the muscle. So I do less reps.

Do 4 sets of 4 to 6 reps.



# DUMBELLS

## Triceps extensions



Stand with the feet about shoulder width apart lift the arms straight up in the air. Drop the weight directly behind the head and then push it up. Concentrate on the triceps. Be sure to keep the elbow straight.



# DUMBELLS

## concentration curls



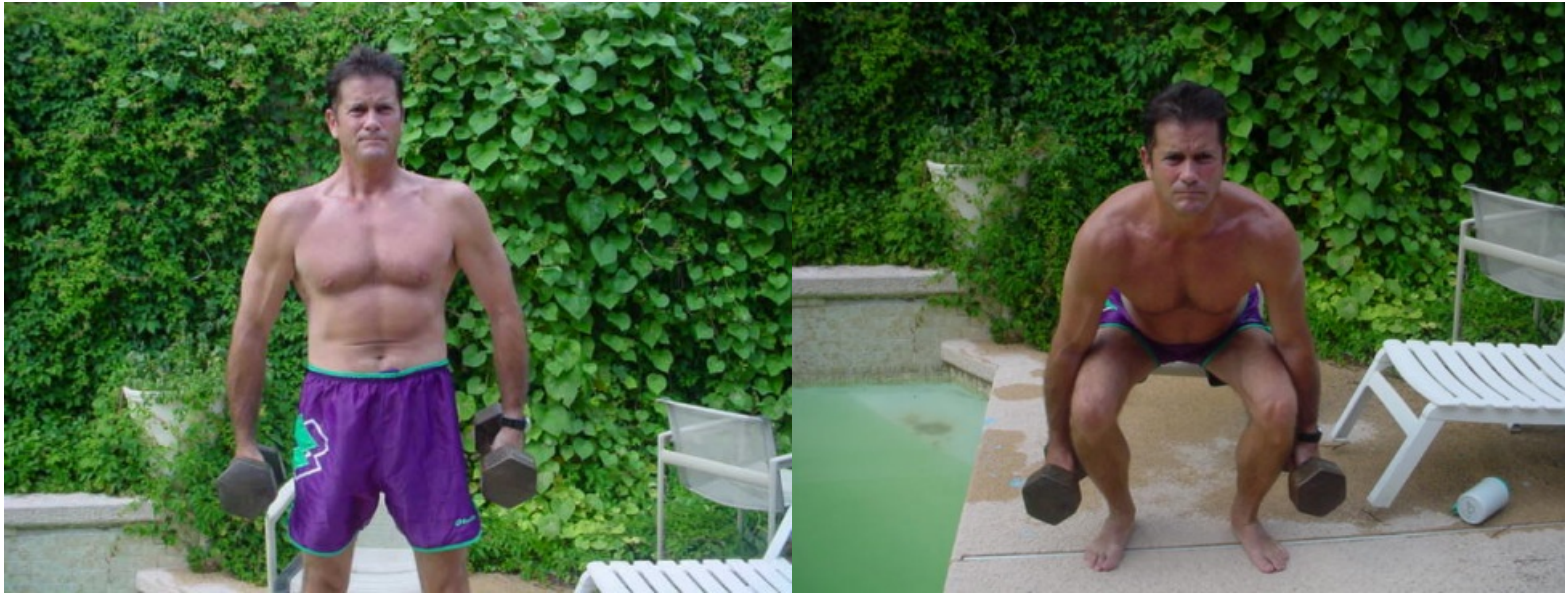
This is a concentration curl and really concentrates the muscles of the biceps. Sit in the chair and curl the weight up across the body. Keep the elbow on the knee..

Do 4 sets of 12 to 16 reps.



# DUMBELLS

## squats



This is the only type of squat I recommend. It does not hurt the back or knees. Hold the weights in both hands and squat down, then back up.

Do 4 sets of 12 to 16 reps.



# DUMBELLS

## Walking with weights



I never walk without my weights, even when playing golf. The weights give you twice the effect of regular walking. The walking helps tone your legs, butt and back, and the weights work your upper body.

I walk at least 1 mile to 3 miles very quick. I do this at least 3 times a week,

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Sometimes I curl the weights across my body.  
Alternating hands.



Sometimes I punch the weights in front of my  
body. Twisting the wrist at the end of the punch.

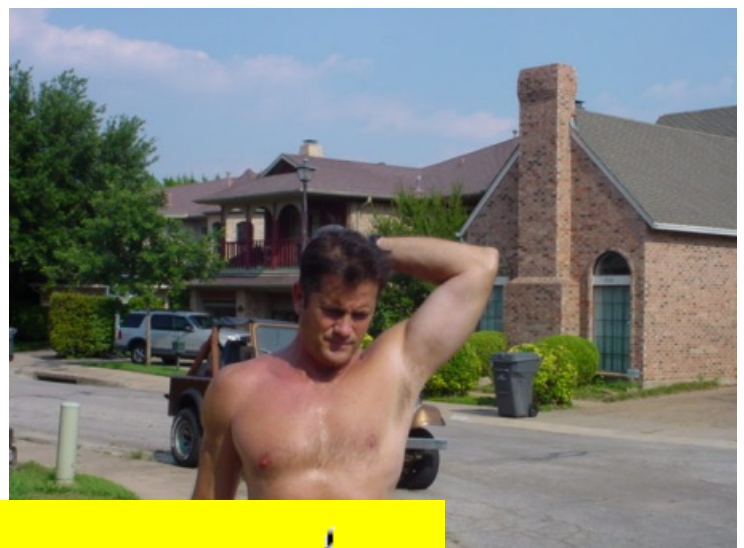






When my biceps get tired I immediately go to triceps extensions with alternating arms.

I do this as many times as I can, usually about  $\frac{1}{4}$  a mile.





# Building muscles without weights

## chair triceps



You can pump up the triceps by doing dips from a chair. It also works the chest. Hold the arms of the chair and dip down as low as you can. Concentrate on the triceps and chest.

I do 5 sets

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# Building muscles without weights

## Truck triceps



You can pump up the triceps by doing dips from the bumper of a truck, or car. It also works the chest. Hold the arms of the chair and dip down as low as you can. Concentrate on the triceps and chest.

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# Building muscles without weights

## Ground triceps



You can pump up the triceps on the ground without weights by lifting the body off the ground and dipping down to the middle. Concentrate on the triceps.

I do 5 sets of 25 reps.



# Building muscles without weights

## super push ups



I do a modified push up where I do not come all the way up. I keep my arms fairly close to the body and go all the way down, but only up about 6 to 12 inches. This really pumps the chest, arms and shoulders.

I do sets of 10

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push ups.



# Building muscles without weights

## super push ups 2



This is done the same way as super push ups, but with the arms held close together, to really work the inside of the chest. I go all the way down, but only up about 6 to 12 inches. This really pumps the chest, arms and shoulders.

I do sets of 50

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# abdominal s

Sits ups in a chair



You heard me right. You can do sit ups from a chair and work the abs just as hard as if you were on the ground. You simply crunch your abs to the left and right and then down the middle. They are very effective and really work the abs.

I do a lot. I do sets of 50 to each side and 50 to the middle. 4 sets.

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# abdominal s

## Sits ups



You can't do enough sits. I do hundreds a day, sometimes a thousand. I do them without my feet pushed against anything or under anything, and I lean to the right and left when I work, so I can work each side of the abs and the muscles that surround the



I never put the hands behind the head, and never go all the way back. When you go to down to the ground and lie flat you are resting, and when you start to come up you hurt your neck, and do not work your abs.



I always twist to the side and punch up to work my arms too.



I do sets of 50 on each side and then 50 in the middle. For a total of 150, then I rest and do it again. This is one set. I do 5 sets for 750 sits ups.

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# Abdominal crunches



Crunches are a modified sit up that tightens the abs but doesn't hurt the back. This time you put your hands behind the head and crunch up as far as you can, at least 6 inches off the ground.

I try to do 50 reps at a time in sets of 5.



You can also pull the legs into the arms To really concentrate the crunch.





# Abdominal

## Arms ups & v ups



Hold the arms straight up and pull yourself off the ground. You can also pull the legs back and try to touch the toes as you lift the head towards the legs.

Do 3 sets fo 25 reps.



# Back strengthening



**Lie on your back and put your hands behind your head. Lift the butt off the ground and up as high as you can. Drop your weight down first to the right side then to your left side.**

**This will help strengthen you lower back.**

**Do 4 sets of 12 to 16 reps.**



# abdominal s

## Leg l i f t s i n a c h a i r



You can really work the lower abs by doing leg lifts in a chair. You can concentrate on the legs and use the chair for support and not hurt the back. Keep the legs straight and lift them straight up.

For a variation you can curl them straight back.

I do a lot. I do

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middle. 4 sets.



# Abdominal

## Leg Lifts



Leg Lifts are important for several reasons. They work the lower abs and the help strengthen the back, as well as the knees. Keep the toes pointed and the legs straight. You can lift them straight up or curl them back into the abs.

I do a lot. I try to do them for 3 minutes without stopping. I can usually do 18

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# Abdominal

## Side bends



Side bends really work to get rid of that love muscle or bulge around the waist. Hold one hand on the head and lean to the right and left side as far as you can.

Do 3 sets for 25 reps each side

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# Building muscles without weights

## Circular Breathing



Circular Breathing is the fastest way to recover your breath after hard exercise. It allows for the full expansion of your lungs and full removal of air that is bad.

Hold the arms above the head and while breathing in make a large circle with your arms until they touch in front. Then breath out making the same large circle.

Do about 5 times to recover your breath after hard exercise

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# Building muscles without weights

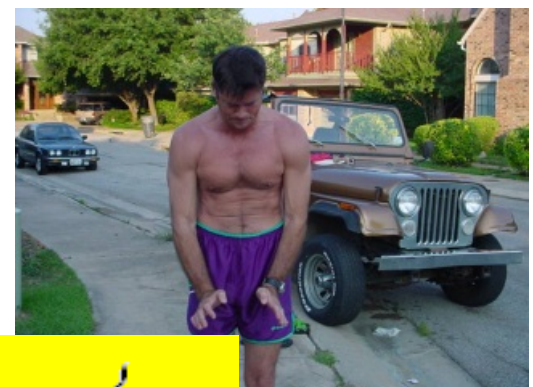
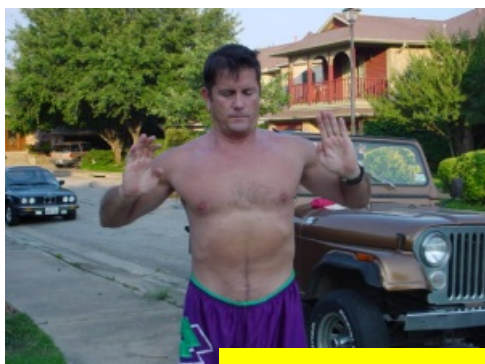
## 4 way Breathing



4 Way Breathing is a way to tighten all the muscles of the body, especially the abs and back. It is an extreme isometric exercise and forces you to concentrate on getting all the air out of your body and tightening the muscles.



Start with the arms in front of the body and slowly move the arms straight up, tightening every muscle and concentrating on removing all the air from the stomach. Return the arms, and now go out to the side, then to the front and finally straight down.







After you have done the 4 way breathing holds the arms to the sides of the body and really tighten and squeeze the stomach muscles, breathing out, and squeezing very very hard to clear all the air from the stomach.

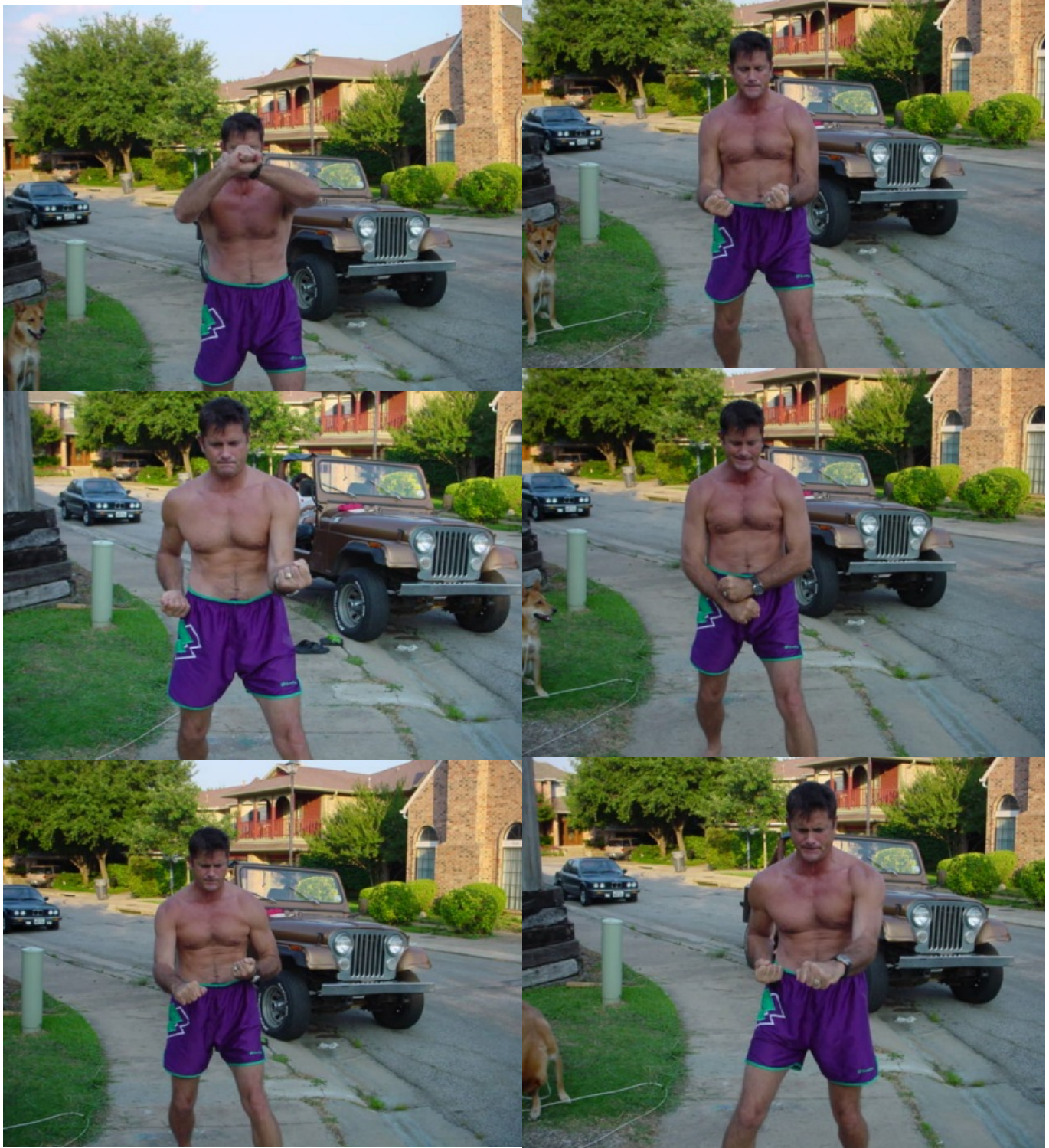
This exercise helps develop KI and I test my KI by punching myself in the stomach very hard. You do not have to punch yourself, unless you want to.





# Building muscles without weights

## Isometric Breathing



Isometric breathing is an important concept and exercise to understand. It is a fundamental exercise of the martial arts. It is in all forms and called "sonchin" in my style of karate. It is very simple to explain, but very difficult to master. Unlike tai chi, which is breathing very soft and moving very fluid. Isometric breathing is breathing very firm.

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To do the exercises you must first start with the body very tight and concentrate on the breath.



Now breathing out move very slowly and forcefully in all directions. Pushing one hand out and pulling the other hand back.



You can punch across the body, to the side of the body, to the front of the body, down and even up.



You must force all the air out, and tighten all the muscles on each punching or pushing drill.







The key to doing the exercises right is to force the air out and tighten the muscles. When you push or punch out with one hand, you pull back with the other hand.



Always move very slowly and concentrate on the breathing the tightening of the muscles. You must get all the air out and all the muscles tight.



You can also push out the legs in a low kick and breath out very hard and tighten the muscles very hard. Remember to breath slowly, move

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